



# JANUARY 2019

SUN	MO	TUES	WED	THURS	FRI	SAT
		1 Timonium Hours: 10:00am - 4:00pm  Kids Zone Hours 10:00am - 2:00pm	2 Weigh-in Wednesday	3 Family Swim Party 3:30 - 6:00pm  Spa Water (HV)	4 First Friday: bring a friend for FREE  National Trivia Day (HV)	5 Kids Night Out 5:30 - 8:00pm
6	7 Buddy BodyFlow 5:00 - 6:00pm On-the-go Lunch Snacks (HV) 12:00 - 2:00pm Swim lessons begin	8	9 Mocktails & Stretches 9:30 - 11:00am  Weigh-in Wednesday	10 Buddy BodyFlow 5:30 - 6:30pm  Scented Towels (HV)	11	12 Buddy BodyFlow 12:45 - 1:45pm  Pajama Day (KZ)
13	14	15	16 Weigh-in Wednesday  Trail Mix Bites (HV) 11:00am - 1:00pm	17 Aquaman HIIT 6:30 - 7:15pm  Spa Water (HV)	18 Family Fitness Night with Pot Spring Elementary School 6:00 - 8:30pm	19 Les Mills Launch Day 7:05am BODYFLOW 9am BODYCOMBAT 12:45pm BODYFLOW
20 #GoalCrusher Workshop 1:00pm  **All classes FREE + open to non-members	21 Movie + Popcorn 10:00am -12:00pm  **All classes FREE + open to non-members	22 Spot the Snowflake (HV)  **All classes FREE + open to non-members	23 Mocktails & Stretches 4:30 - 6:00pm  **All classes FREE + open to non-members	24 Scented Towels (HV)  **All classes FREE + open to non-members	25 Lifeguard training (1/25-1/27)  **All classes FREE + open to non-members	26   **All classes FREE + open to non-members
27	28	29	30 Mind + Body + Soup 10:30 - 11:30am  Weigh-in Wednesday	31 Spa Water (HV)	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 10px; height: 15px; background-color: #0070C0; margin-right: 5px;"></div> <span>AQUATICS</span> </div> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 10px; height: 15px; background-color: #0070C0; margin-right: 5px;"></div> <span>FITNESS/ p.r.e.p.</span> </div> <div style="display: flex; align-items: center;"> <div style="width: 10px; height: 15px; background-color: #0070C0; margin-right: 5px;"></div> <span>GROUP EXERCISE</span> </div> </div>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 10px; height: 15px; background-color: #800080; margin-right: 5px;"></div> <span>KIDS ZONE</span> </div> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <div style="width: 10px; height: 15px; background-color: #800080; margin-right: 5px;"></div> <span>MEMBER MAGIC</span> </div> <div style="display: flex; align-items: center;"> <div style="width: 10px; height: 15px; background-color: #800080; margin-right: 5px;"></div> <span>HUNT VALLEY</span> </div> </div>

For additional details and the most up-to-date listing of events, visit [acac.com/timonium/news](http://acac.com/timonium/news).

# JANUARY EVENT DESCRIPTIONS

Family Swim Party	Hop in the pool for a splash-tastic fun time every first Thursday of the month. FREE with a family membership.
Spa Water (HV)	Chill out with a surprise flavor of Spa Water at our Hunt Valley club.
First Friday (TM + HV)	Happy First Friday! Members are invited to bring a guest FREE today to Timonium or Hunt Valley.
National Trivia Day (HV)	Give your brain a workout by answering trivia questions for the chance to win prizes at our Hunt Valley club.
Kids Night Out	Let us do the babysitting! Head out for a night on the town, while the kids (ages 3+) enjoy playtime, pizza, and a movie in the Kids Zone. FREE with a family membership. RSVP in advance to <a href="mailto:caronj@acac.com">caronj@acac.com</a> .
Buddy BodyFlow	We're thrilled to be launching Les Mills BODYFLOW at Timonium this month! Bring a non-member friend FREE to enjoy this motivating blend of yoga with tai chi and pilates.
Winter Swim Lessons	A new session of children's group swim lessons begins January 7th. Contact <a href="mailto:kimberlyle@acac.com">kimberlyle@acac.com</a> to sign up or to learn more.
Mocktails & Stretches with p.r.e.p.	Toast the New Year with fancy beverages and a demonstration of healthy stretches you can do at home or at the club. No registration required; just stop by the p.r.e.p. side to participate!
Weigh-in Wednesday	Join our fitness team for complimentary weigh-ins every Wednesday before or after your workout.
Aquaman HIIT Class	This isn't your grandmother's aqua class! Join Chris H. for a hardcore, tabata interval training session in shallow water — inspired by the latest Marvel movie. Treats and prizes to follow. Non-members welcome.
Pajama Day (Kids Zone)	Kids are invited to wear pajamas to Kids Zone for a special day of fun.
Trail Mix Bites	You loved 'em so much, we're bringing them back to HV! (This time, with a cranberry + white chocolate twist.)
Family Fitness Night w/ Pot Spring Elementary	Families from the Pot Spring Elementary community are invited for a special evening of fitness and fun for all ages, including a glowstick dance party, parent/child yoga, obstacle course and more! To register, contact <a href="mailto:jessicabi@acac.com">jessicabi@acac.com</a> .
Les Mills Launch Day	Kick off 2019 with the hottest new Les Mills releases. Non-members welcome. All other classes will run as regularly scheduled.
GroupEx Open House Week (Jan. 19-26)	Know somebody who needs a nudge to work out? For one week only, acac is opening up all our GroupEx classes FREE to the community. Help us spread the word, so others can follow in your footsteps!
GoalCrusher Workshop	Join executive coach + best-selling author, Misti Burmeister, for a SMART goals workshop designed to help you create your best life. Learn three simple steps to reaching your true potential in 2019! FREE for members + guests. Only 15 spaces available. To register, email <a href="mailto:jessicabi@acac.com">jessicabi@acac.com</a> .
Movie + Popcorn (Kids Zone)	Once all the kiddos arrive, we'll vote on what movie to watch — and serve popcorn and juice during the show.
Spot the Snowflake (Hunt Valley)	Keep an eye out for snowflakes inside our Hunt Valley club today. Find one? Take it to the front desk to redeem your prize.
Lifeguard Training	Our next Lifeguard Training runs Jan. 25-27. Contact <a href="mailto:kimberlyle@acac.com">kimberlyle@acac.com</a> to sign up or to learn more.
Mind + Body + Soup	Enjoy chicken or veggie soup w/ oyster crackers, along with a positive affirmation for the day. Main side lobby.